

YOU ARE

Bedtime Affirmations

Ready for a Divine Reboot?

I created this series of affirmations at a time in my life when that's just what I needed.

I was in the process coming into myself in a profound way and releasing the unwanted programming of my ancestry and my youth.

More recently, I shared it with my son, integrating it as an essential part of our nightly bedtime routine.

Now I'm gifting it to you, with the prayer that it will support you in a similar way.

Don't let it's simplicity fool you...

To actually fully take in the fundamental truth of each of these affirmations IS the timeless work of mystics and sages.

Allow yourself to let it take you as deep as you want to go with it without PUSHING.

Every flower has its perfect time to blossom.

The nature of our unfolding can not be rushed.

Work with the affirmations in any way you wish.

Here are a few suggestions:

- Listen to it as you take a pause in your day or as you fall asleep at night.
- Play it for your child at bedtime.
- Play it and have your child repeat it back with an "I am ____" after each one. (Track 3 has more space in between each one to allow for this practice. It's a great way for your child to build their vocabulary too!"
- Record your own voice saying the affirmations and play it for yourself or your child.
- Pick out your favorites and write them down on sticky notes and leave them in places to help remind you of how awesome you are.
- Make up your own!

However you are guided to work with the material is perfect you are your own best guide and I fully honor your process.

If you're interested in learning more about other ways I can support you on your path, send me a message to set up a free 15 minute PULSE call. We'll get a sense of your baseline, your optimal and how I can help you THRIVE.